

SAVE THE DATE

State Court Administrative Office
Child Welfare Services Division
Presents:



Combating Compassion Fatigue: Brain and Body Wellness for Caregivers

January 8, 2013

9 a.m. – 4 p.m.

Hall of Justice, Lansing, Michigan

Child welfare professionals are regularly exposed to the grief and loss that children experience. When child welfare professionals focus on others without practicing self-care, destructive behaviors can surface. Apathy, isolation, bottled up emotions, and substance abuse head a long list of symptoms associated with the secondary traumatic stress disorder now labeled: **Compassion Fatigue**. John Micsak, founder and Clinical Director for the National Institute for Resiliency & Wellness, will explore various topics including: understanding compassion fatigue, vicarious trauma, stress response systems, and brain wellness. Mr. Micsak will address these topics using various techniques that are designed to engage every adult learning style. Throughout the day, the audience will participate in group building exercises, self exploration, mindfulness exercises, and numerous other learning activities.

Target Audience: Child Protective Services and Foster Care caseworkers for the Michigan Department of Human Services, tribes, and private agencies.

TO REGISTER

Access the CWS website at: <http://webcast.you-niversity.com/youtools/companies/viewSchedule.asp?affiliateId=133#detailsBox>.

Select "Combating Compassion Fatigue: Brain and Body Wellness for Caregivers."

For questions regarding the training content, please contact Jodi Latuszek, Management Analyst, at (517) 373-4987 or LatuszekJ@courts.mi.gov.

For general assistance, please contact Heather Leidi, Program Assistant, at (517) 373-5322 or LeidiH@courts.mi.gov.